

Learn to Swim Level 1 —Available to register on-line beginning May 3

Child Classes—Ages 3-7 years old and 36 inches to the chin

The Level 1 program is constructed to build introductory swim and water safety skills for participants while promoting comfort and enjoyment in the water. Students will learn to swim on their front and back, including floating, gliding, and combined arm and leg movement with forward progression at least 5 feet from the wall. The instructor will aid participants while working up to independence in skills. Swim diapers must be worn by children who are not toilet trained. There is no skill prerequisite for this course.

Note classes cancelled due to unforeseen circumstances will be made up on a Friday. Date will be announced in class.

Ages: Child, Youth, Adult

Fee: \$30 Residents, \$40 Non-Residents

Sessions: 8 half hour classes

McCambridge Pool, 1515 North Glenoaks Boulevard, 91504 (McCamb)

(818) 238-5381

Verdugo Aquatic Facility, 3201 West Verdugo Avenue, 91505 (VAF)

(818) 238-5391



Session Dates:

Session	Days	Start Date	End Date	Session	Days	Start Date	End Date
Session 1	Mon-Thur	June 9	June 19	Session 3	Mon-Thur	July 7	July 17
Session 1	Sat/Sun	June 7	June 29	Session 3	Sat/Sun	July 12	Aug 3
Session 1	Sat	June 14	Aug 9	Session 4	Mon-Thu	July 21	July 31
Session 1	Sun	June 15	Aug 10	Session 5	Mon-Thu	Aug 4	Aug 14
Session 2	Mon-Thur	June 23	July 3				

Session Times:

Time	Days	Sessions Available					Locations	
WEEKDAYS								
8:30 a.m.—9:00 a.m.	Mon-Thu	1	2	3	4	5	McCamb	
9:15 a.m.—9:45 a.m.	Mon-Thu	1	2	3	4	5	McCamb	VAF
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6:30 p.m.—7:00 p.m.	Mon-Thu	1	2	3	4	5	McCamb	
WEEKENDS								
9:00 a.m.—9:30 a.m.	Sat/Sun	1		3				VAF
9:45 a.m.—10:15 a.m.	Sat/Sun	1		3			McCamb	
9:45 a.m.—10:15 a.m.	Sat	1						VAF
9:45 a.m.—10:15 a.m.	Sun	1						VAF
10:30 a.m.—11:00 a.m.	Sat/Sun	1		3			McCamb	
11:15 a.m.—11:45 a.m.	Sat/Sun	1		3			McCamb	
11:15 a.m.—11:45 a.m.	Sat	1					McCamb	
11:15 a.m.—11:45 a.m.	Sun	1					McCamb	

Fall Sessions will begin in mid August. Please look for our Fall schedule of classes.

Learn to Swim Level 1 —Available to register on-line beginning May 3

Youth Classes—Ages 8-12 years old

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Ages: Child, Youth, Adult

Fee: \$30 Residents, \$40 Non-Residents

Sessions: 8 half hour classes

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6:15 p.m.—6:45 p.m.	Mon-Thu	1	2	3	4	5		VAF
6:30 p.m.—7:00 p.m.	Mon-Thu	1	2	3	4	5	McCamb	
7:00 p.m.—7:30 p.m.	Mon-Thu	1	2	3	4	5		VAF
7:15 p.m.—7:45 p.m.	Mon-Thu	1	2	3	4	5	McCamb	

WEEKENDS

9:00 a.m.—9:30 a.m.	Sat/Sun	1	3	McCamb
9:45 a.m.—10:15 a.m.	Sat/Sun	1	3	McCamb
10:30 a.m.—11:00 a.m.	Sat	1		McCamb
10:30 a.m.—11:00 a.m.	Sun	1		McCamb

Learn to Swim Level 2 —Proof of passing Level 1 or passing swim evaluation for level 2 required

Child Classes—Ages 4-7 years old and passed level 1 or equivalent assessment

The Level 2 program is constructed to give students success with fundamental swimming skills. Students will learn to swim on their front, back, and side using alternating and simultaneous arm and leg action with independent forward progression at least 15 feet from the wall. This course will prepare students for swimming 25 yards across the width of the pool, with the instructor providing aid until the student builds endurance for completing the skill independently.

Note classes cancelled due to unforeseen circumstances will be made up on a Friday. Date will be announced in class.

Ages: Child, Youth, Adult

Fee: \$30 Residents, \$40 Non-Residents

Sessions: 8 half hour classes

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4:15 p.m.—4:45 p.m.	Mon-Thu	1	2	3	4	5	McCamb VAF
5:00 p.m.—5:30 p.m.	Mon-Thu	1	2	3	4	5	McCamb VAF
5:45 p.m.—6:15 p.m.	Mon-Thu	1	2	3	4	5	VAF

Testing requirements—See page 6 for testing dates and times



Learn to Swim Level 2 —Proof of passing Level 1 or passing swim evaluation for level 2 required

Youth Classes—Ages 8-12 years old and passed level 1 or equivalent assessment

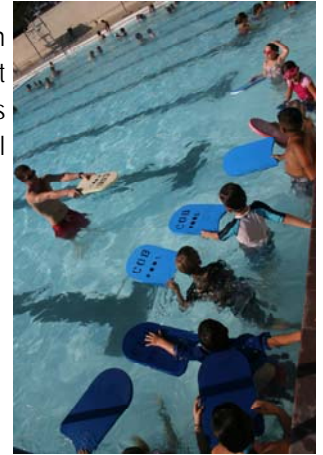
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WEEKENDS								
9:00 a.m.—9:30 a.m.	Sat/Sun	1		3			McCamb	
9:00 a.m.—9:30 a.m.	Sat	1					McCamb	
9:00 a.m.—9:30 a.m.	Sun	1					McCamb	
9:45 a.m.—10:15 a.m.	Sat/Sun	1		3			McCamb	

Learn to Swim Level 3 —Proof of passing Level 2 or passing swim evaluation for level 3 required

The level 3 class builds on the skills learned in Level 2, working towards gaining endurance to swim 25 yards continuously using front and back crawl. Students will learn breathing and timing for front and back crawl, as well as introductory leg movements for butterfly and side stroke. Arm and leg movements for elementary backstroke, diving, and treading water will also be instructed.



Note classes cancelled due to unforeseen circumstances will be made up on a Friday. Date will be announced in class.

Ages: 7—14 years old

Fee: \$30 Residents, \$40 Non-Residents

Sessions: 8 half hour classes

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Session 3	Mon-Thur	July 7	July 17				

Session Times:

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9:15 a.m.—9:45 a.m.	Mon-Thu	1	2	3	4	5	McCamb	
10:00 a.m.—10:30 a.m.	Mon-Thu	1	2	3	4	5	McCamb	VAF
10:45 a.m.—11:15 a.m.	Mon-Thu	1	2	3	4	5	McCamb	VAF
11:30 a.m.—12:00 p.m.	Mon-Thu	1	2	3	4	5	McCamb	
4:15 p.m.—4:45 p.m.	Mon-Thu	1	2	3	4	5		VAF
5:00 p.m.—5:30 p.m.	Mon-Thu	1	2	3	4	5		VAF
5:45 p.m.—6:15 p.m.	Mon-Thu	1	2	3	4	5	McCamb	VAF



Learn to Swim Level 4 —Proof of passing Level 3 or passing swim evaluation for level 4 required

The objective of level 4 is to develop confidence in all strokes. Instruction for sidestroke, breast stroke, and butterfly will be provided. Students will gain the ability to demonstrate each stroke at a fundamental level for at least 25 yards. Skills in diving and treading water will also be developed.

Note classes cancelled due to unforeseen circumstances will be made up on a Friday. Date will be announced in class.

Ages: 7—14 years old

Fee: \$30 Residents, \$40 Non-Residents

Sessions: 8 half hour classes

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Session Times:

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WEEKDAYS			
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9:15 a.m.—9:45 a.m.	Mon-Thur	1 2 3 4 5	VAF
10:00 a.m.—10:30 a.m.	Mon-Thur	1 2 3 4 5	VAF
10:45 a.m.—11:15 a.m.	Mon-Thur	1 2 3 4 5	McCamb VAF
11:30 a.m.—12:00 p.m.	Mon-Thur	1 2 3 4 5	McCamb
4:15 p.m.—4:45 p.m.	Mon-Thur	1 2 3 4 5	McCamb
5:00 p.m.—5:30 p.m.	Mon-Thur	1 2 3 4 5	VAF

Learn to Swim Level 5/Level 6 —Proof of passing Level 4 or passing swim evaluation for level 5 required

The level 5/6 class provides further coordination and refines the strokes so students can swim with ease, efficiency, power, and smoothness over greater distances. Students will be able to swim using front crawl, back crawl, breaststroke, elementary backstroke, and butterfly using arms, legs, breathing, and timing. Instruction for open turns and flip turns will also be provided.

Note classes cancelled due to unforeseen circumstances will be made up on a Friday. Date will be announced in class.

Ages: 8—14 years old

Fee: \$30 Residents, \$40 Non-Residents

Sessions: 8 half hour classes

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Session 3	Mon-Thur	July 7	July 17				

Session Times:

Time	Days	Sessions Available	Locations
WEEKDAYS			
10:45 a.m.—11:15 a.m.	Mon-Thur	1 2 3 4 5	VAF
4:15 p.m.—4:45 p.m.	Mon-Thur	1 2 3 4 5	McCamb VAF

Adult Learn to Swim Classes—Level 1 and Level 2

Ages: Teen/Adult (13 years and up)

Fee: \$30 Residents, \$40 Non-Residents

Sessions: 8 half hour classes

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Session Dates:

Session	Days	Start Date	End Date	Session	Days	Start Date	End Date
Session 1	Mon/Wed	June 9	July 2	Session 3	Mon/Wed	July 7	July 30
Session 1	Tue/Thu	June 10	July 3	Session 3	Tue/Thu	July 8	July 31

Session Times:

Time	Days	Sessions Available		Location
WEEKDAYS				
6:30 p.m.—7:00 p.m.	Mon/Wed	1	3	McCamb
6:30 p.m.—7:00 p.m.	Tue/Thu	1	3	McCamb
7:15 p.m.—7:45 p.m.	Mon/Wed	1	3	McCamb
7:15 p.m.—7:45 p.m.	Tue/Thu	1	3	McCamb
7:45 p.m.—8:15 p.m.	Mon/Wed	1	3	VAF
7:45 p.m.—8:15 p.m.	Tue/Thu	1	3	VAF
8:00 p.m.—8:30 p.m.	Mon/Wed	1	3	McCamb
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